

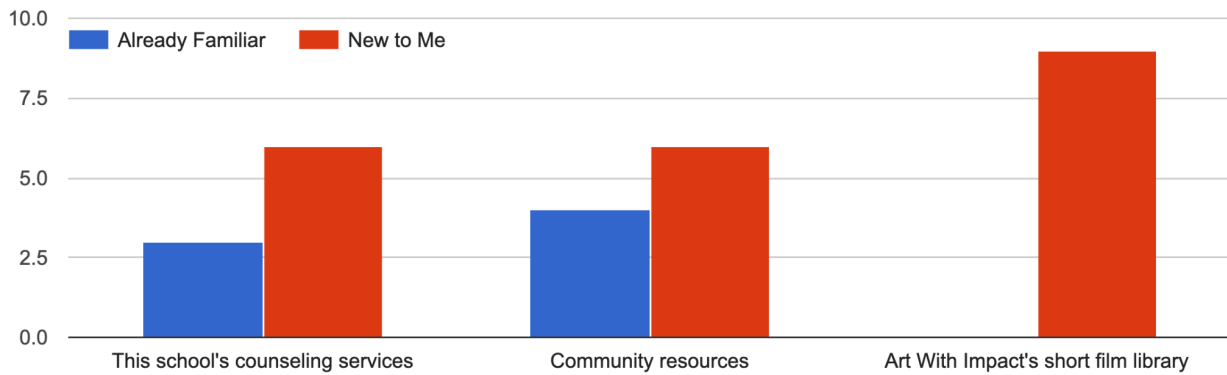
Wellness in Words

Post-Workshop Surveys

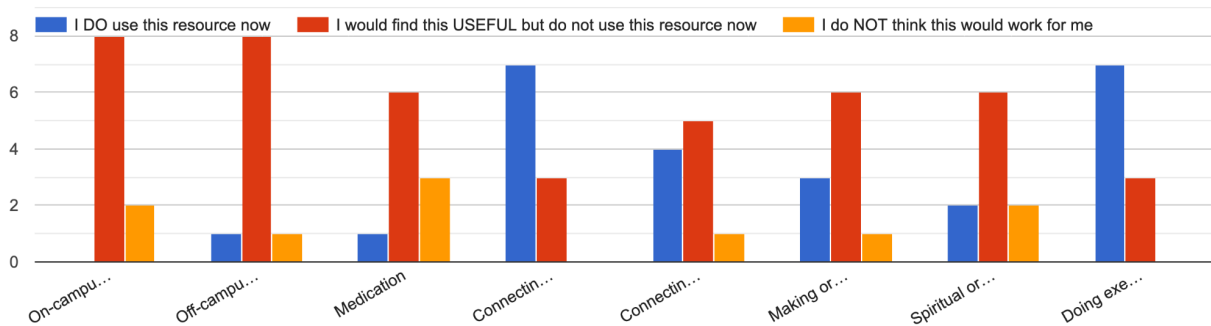
Cecil College Date: 9/20/23	Number of attendees: 27 Number of surveys: 10
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Resource Awareness and Access

Which of the following resources were new to you today?



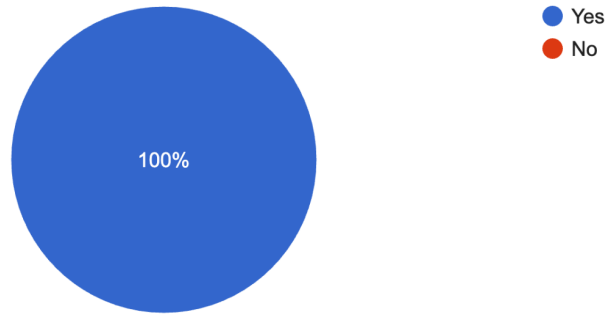
In this list of mental health resources, which do you use, or would you like to use?



Workshop Impact

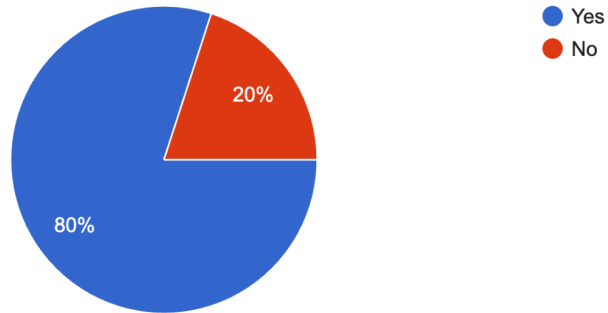
Did this workshop help you confront and address stigma related to mental illness?

10 responses



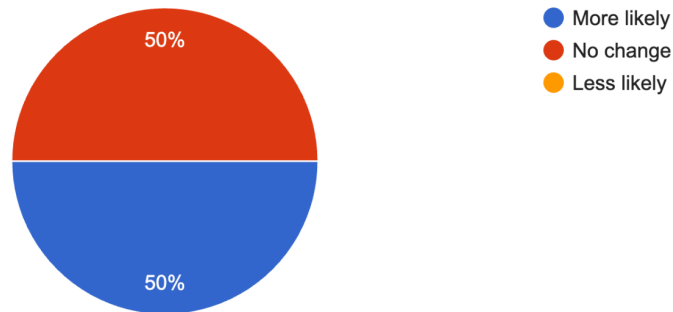
Did you learn something new about mental health?

10 responses



After this workshop are you more or less likely to seek support for your own mental health?

10 responses



What was the most impactful thing about this workshop?

- I liked hearing poems about other people's feelings.
- The real time dialogue with students, faculty, and staff.
- uplifting
- Reading others' responses to the prompts
- The poetry
- I liked how I could relate to everyone's poems.
- getting to have a free write and being able to speak my own thoughts
- It was truly impactful to have students review their own experience after being subject to emotion triggering stimulus. It allowed students to dive deeper into their own mind and review the pain and also to see the light at the end or how you as a wiser person would help the younger version of yourself.
- Awareness

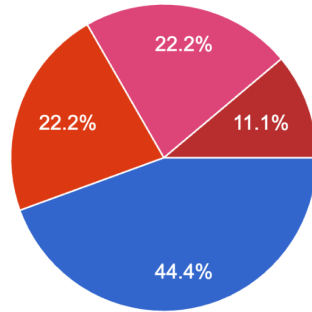
How can we improve this event in the future?

- I do not think there needs to be any improvement on this event.
- Nothing! The facilitator, prompts, and content was great. Thank you!
- none
- Not sure
- I do not feel that this event needs any improvement.
- It was wonderful and I found it was well formatted!
- Keep up the great work.
- NA

A Bit About You (optional)

What year are you?

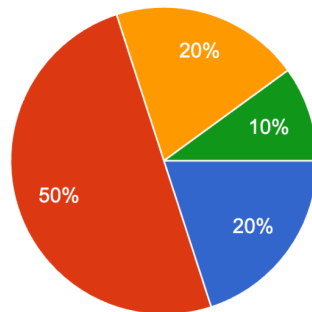
9 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Graduate Student
- Staff
- Faculty
- Community Member

How old are you?

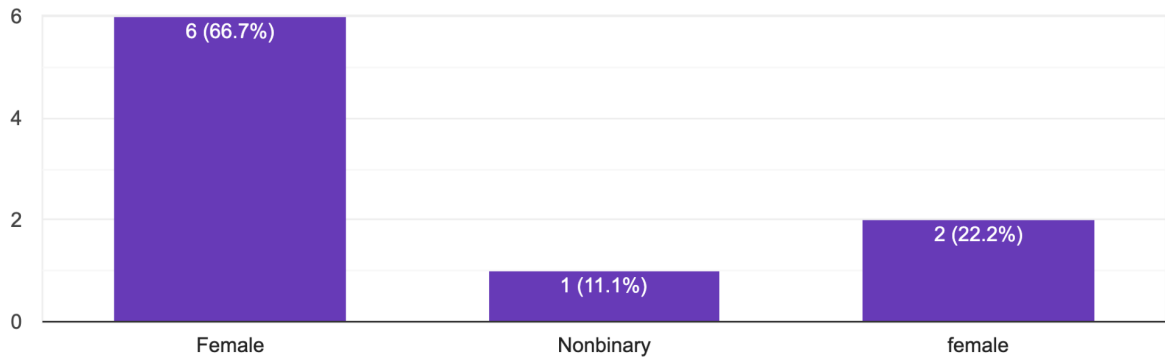
10 responses



- 18-25
- 25-40
- 40-55
- 55+

What is your gender?

9 responses



What is your ethnicity? (select all that apply)

9 responses

